STAR NEWS





A CAR advert featuring a shop dummy getting turned on by the ride can still be shown, watchdogs have ruled.

More than 400 viewers objected to the mannequin's nipples going erect after her journey in the Mazda TV ad. Authorities had already restricted the commercial for the

■ by MARK SOLOMONS

new Mazda 5 model to be broad-

new Mazda 5 model to be broad-cast after 7.30pm.

But it still attracted one of the
Advertising Standards Auth-ority's biggest mailbags of the

ortry's Diggest Lineary year.

The ad shows a man loading a number of female mannequins into the back of the car for a trip.

During the ride, the model's

eyes glaze and her hand pulls up her slip up to reveal stockings. When the man delivers the models to a lingerie shop her nip-ples are erect under a silky slip.

Mild

A woman is heard to giggle and a voiceover tells viewers the car is "surprisingly stimulating". Viewers complained that the reference to sexual arousal was

offensive and that the ad was

offensive and that the ad was demeaning to women. But the ASA threw out all the complaints, claiming the sexual references were "mild", and that the humour was not explicit." The ASA said: "The intention was not to insult or offend but to humorously present the absurd notion that an inanimate object could be turned on."

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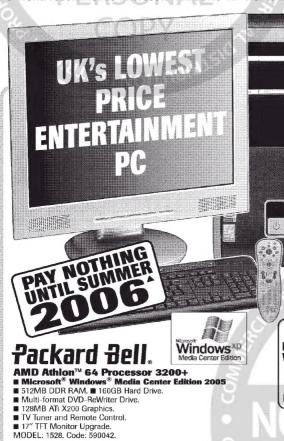
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Half price offer applies to carpets in our Famous Collections and is given off list prices as shown in-store. See in-store for products not included in this promotion. Prices content at time of colors to make offer amount this wourther, set in-advant for products and time of colors to make offer amount this wourther, set in-advant for colors to make offer amount this wourther.





TOP
news for Craig
David. The 24-year-old's
new album, The Story Goes,
is Europe's best seller, and his
record label is quickly pressing
100,000 copies to meet demand.
What's more, his new single,
Don't Love You No More
(I'm Sorry), is midweek
No.3 in the UK.

Robbie's the CHEEKY PLAN TO DO ELVIS AT MTV BASH



ROBBIE Williams will resurrect Elvis Presley for the MTV Europe

Music Awards.

The King will live again if the former boybander from the former boybander from Stoke-on-Trent gets his way. It's currently a toss-up as to whether he'll play current single Tripping or follow-up tune Advertising Space. But plans are in place for Rob, 31, to don a quiff and the iconic leather outfit from Elvis' legendary 1988 comeback.

legendary 1968 comeback.

He's desperate to appear as
Elvis, left, and sing his new
single at the bash, which will be

held in Lisbon, Portugal, on Thursday night. I'm told: "The song's all about Elvis and Robbie's already recreated him for the video.

Stripping

"He's got all the gear and wants to blow everyone's mind by stepping on stage as Elvis." The MTV show is always a good one for spectacles.
Last year Eminem, 33, caused controversy by having children on stage with guns. And in 2003,

Christina Aguilera, 24, came on stage as a nun before stripping off. My source added: "Rob's look-ing to upstage everyone. "And what better way to do it than by dressing up as the Kine"

than by dressing up as the King."
But MTV bosses may feel his request is in bad taste.
A source said: "He'll be very annoyed if they veto his plans."
I hope it gets the thumbs-up. I'm not his biggest fan, but no one else could pull off such a stunt.



Bookies dig in over JCB

NIZLOPI have got bookies running scared thanks

NIZLOPI have got bookies running scared thanks to my support.

I told you about the band's magnificent JCB Song last week and made a case for it being the Christmas No.1.

And now bookmakers William Hill are begging me to stop backing them.

A spokesman for the company explained: "We have not been able to stem the tide of cash coming in on this, and the complers have shortened the price from 33-1 to 14-1.

"We're probably on a \$100,000 loser once you have added up all the bets. Please stop tipping it."

Check out www.jcbsong.co.uk/jcbvideo.asp then buy the song next month after falling in love with it.

West-seller

with Face To Face set to knock Robbie off No.1.

The Oirish lads' seventh effort shifted nearly 70,000 copies on its first day and is expected to out-do their biggest seller Coast To Coast.

When they released that collection in 2000 they hammered the Spice Girls in a race to the top.

Last time Robbie released an album II Divo ousted him from pole position. Side for a year for lying already done the wing already done the US. I'll miss those shots though.

Westlife are set to do the double too, with You Raise Me Up propping up the singles chart. I'm very disappointed.

Clarkson is to tour
the UK after clocking up
12 weeks in the Top 10 album
chart. Platinum-selling
Breakaway has helped the 23-year
old decide she shold come over
and play live shows next year.
Proceedings start in Manchester
on February 17. Check
kellyclarksonweb.com for
ticket details.

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EXCLUSIVE: WELCOME



STAR TELLY



MARK ANTONY

ARK Antony, played by James Purefoy, has got it all—women want a piece of him and men want to be him. He's brave, handsome, dashing and pretty good at taking on an angry mob. James, 41, is well-used to dressing up in costume. He started his career with the Royal Shakespeare Company, then progressed through a whole host of stage shows. Film-wise, the Somerset actor has donned his breaches in Vanity Fair and Mansfield Park, as well as appearing in more modern movies like Maybe Baby and Resident Evil.

TITUS PULLO

passionate. He's impulsive, optimistic, generous Ray, 41, has had bit parts in TV dramas like Practice, and last year appeared alongside loan 41, in King Arthur. The Geordie actor should be antics of ancient Rome – he started his career Woman's Guide to Adultery.



- be is her mot simmering guise of a gets her k in the seri Kerry Co. The Irish Theatre A profession Angela's a recognise and Ned F

WHAT A DRAG:

dited by KATE JACKSON

Counselling

A RANGE of counselling services are on offer to help you through the difficult quitting period.

The advantage is that you'll have someone at your side to keep your determination up and help you steer clear of temptation.

Many people also find that having a weekly session with a counsellor gives them the incentive to keep up the good work throughout the week. Your local NHS will be able to point you in the right direction, and there's also a 24-hour NHS quittine (0800 169 0169) which you can call during a weak moment.

Many branches of Lloyds pharmacles and Boots also run their own stopping smoking services.

Go to www.givingupsmoking.co.uk for more information on NHS services.

services. COST: Usually free

THIS New Year, hundreds of thousands of people will make it their resolution to give up smoking. But why wait until January? If you really want to quit, give yourself the best possible Christmas present and make yourself a non-smoker now.

Just think, you'll be able to pucker up below the mistletoe without worrying about bad breath. And with the smoking war raging among our MPs, it might not be long before you'll have to stub the fags out in most public places anyway.

There are just over seven weeks until Christmas. And studies show that's the time it takes for all traces of nicotine to leave the body. And you don't have to battle the cold turkey. There are plenty of these the long wat through the cold rest there we have the cold rest through the cold rest th

And you don't have to battle the cold turkey. There are plenty of ways to help you through those first few weeks of quitting. Here, KATE JACKSON takes a look at the help on offer to kick the habit...

Gum

THERE'S a wide range of nicotine gums available from your chemist. The idea is to wean yourself off nicotine slowly.

Each piece of gum will give you a nicotine hit, while chewing gives you something to do other than reaching for the cigs.

Nicorette recommends a 12-week programme, but you'll be a non-smoker from the day you start. You chew one piece every one to two hours for the first six weeks, increasing the time gaps in the final six weeks.

The gum comes in four flavours and two different strengths – 4mg and for lighter smokers, 2mg.

COST: About £15 for a box of 105 pieces of gum.





Patches

gramme. COST: A seven-day pack costs about £15.

Hypnotherapy

and your GP may even be able to recome and your GP may even be able to recome to you.

You won't be brainwashed, but you do have to want to quit in the first place. Most people only require one or two sessions.

The therapist will talk you through exactly why you want to stop and will explain what will happen to you during hypnosis. It works by using the power of suggestion on the subconscious mind. As soon as you come out of the hypnosis, your subconscious will already be a non-smoker.

I tried hypnosis six months ago and I'm cured!

Well, almost. I'd like to be able to say I haven't touched a single cigarette since National No

Smoking day, but that's not quite the case. There have been a few slip-ups here and there, mainly alcohol-induced. But as my hypnotherapist Phil Wells says, I just need to re-focus.

And I'm still 100 times better off than when I was a full-time smoker.

Phil says: "You need to focus on what you want — a healthy body, more money in your pocket, clear skin, whatever it was that first prompted you to give up smoking."

As part of the treatment, you get a hypnosis CD to get you back on track whenever you feel the need. You can also phone your therapist whenever you have a weak moment and even go back for a reffresher.

her. Contact Impact Life and Business (call 0208 642 1919 or see tlbc.com). lbc.com). een £45 and £60 for an hour.

Staying stopped

NICOTINE replacement therapy patches work by giving your body a small but constant nicotine hit, so you won't feel cravings or withdrawal symptoms such as headaches, irritability and restlessness.

Most are only worn during the day, although there are now overnight patches as well.

Nicorette patches come in three strengths - 15mg, 10mg and 5mg, It is recommended to use the 15mg patch for eight weeks, 10mg for two and the 5mg patch for the final two weeks of the 12-week programme.

HERE'S our top tips to steer clear of cigs...

REWARD yourself. Use the money you've saved by not smoking for a week to treat yourself to something nice.

EXERCISE. As your lungs clear, you'll be better able to exercise without getting out of reath. And it'll give you something to take your mind off the cigarettes.

AVOID temptation. Don't surround yourselves with smokers if you think you might be tempted to join them. But don't avoid social situations. You should feel proud that you can go out and have fun without relying on those filthy fags.

TREAT yourself to a beauty treatment. After a few weeks, your skin and teeth will start to look much better, so congratulate yourself by having a pampering spa treatment.

REMIND vourself by having a pampering spa treatment.

ReminD yourself of how much better you feel and look when you're not smoking, how much money you have saved and how much more energy you've got. Look at smokers with pity, not envy.

What does it do?

- EACH year, 114,000 people die from illnesses caused by smoking.
 EACH day, 450 children in the UK start

EACH day, 450 children in the UK start smoking.

SMOKING makes it difficult for the blood to carry oxygen round the body. If oxygen does not get to your toes, fingers, legs or arms, they can become infected. A total of 2,000 people undergo amputation surgery every year because of smoking.

NICOTINE turns your teeth yellow, makes your breath smell and your skin look grey. Smoking also causes wrinkles because it dehydrates the skin.

SMOKING encourages the blood vessels in the heart to absorb fat, which weakens the heart. And the fatty deposits can block your arteries, which could lead to a heart attack or stroke.

IT is the biggest cause of lung disease and cancer.

Way to Quit

TEENAGE chimney Charlotte Church, 19, was snapped reading the so-called "non-smokers' bible", although it doesn't seem to have stopped her puffing away.

The 19-year-old singer would do well to read the book again, though, Allen Carr has helped militions of people quit the filthy habit – and stay off the fags for ever.

He promises that you won't feel any withdrawal symptoms or cravings by using his system, and you'll actually enjoy with a symptoms or cravings by using his system, and you'll actually enjoy with a symptoms or cravings by using his system, and you'll actually enjoy with a symptoms or cravings by using his system, and you'll actually enjoy with a symptoms or cravings by using his system, and you'll actually enjoy with a symptoms or cravings with a state like, how you're embarrassed to be lighting up in front of non-smokers and what the poison is doing to your body what it tastes like, how you're embarrassed to be lighting up in front of non-smokers and what the poison is doing to your body with irresistible ideas of how happy and healthy you will feel once you stub out that last cigarette. COST: £7.99 from most bookshops.

Easy Way

Pyou can also get help from your nearest Allen Carr clinic.

Daily Star readers can take advantage of a £30 discount off the normal price of £210 per session. Call 0800 389 2115 for more information.

diet cheater **PLUS: Eat vour wav** health

DIET&FITNESS DON'T PANIC ABOUT UNWANTED PART



feeling it or making those inches vanish with a pampering detox wrap, you'll love these easy weight-loss ideas.

And with these tips from our team of experts, KATE JACKSON guarantees you'll be the belle of any ball.



Hayley Gardner, 26, a web production assistant from London

WHAT IT DOES: Telly beauty Kirsty Gallacher, 29 (inset) swears by the wonders of Slendertone, the belt that works your muscles without you doing anything at all. Now there's Slendertone Active, a belt worn during exercise to ensure you're training at the optimum pace as well as toning those abs. It works by monitoring your heart rate to keep you in the aerobic zone and pulsing to firm up your tummy muscles.

COST: 299
HAYLEY SAYS: "I used to go to the gym about twice a week, but I got to that stagnant stage. I lost a bit of weight when I first started and my fitness level increased, but I became lazy and didn't bother revamping my programme to push myself further. "I'm not too worried about my weight, but like everyone else, I could do with toning up a bit. I try to walk home every day, which is about 50 minutes, and I take the stairs instead of the lift. I had a bit of trouble with the belt when I first used it because I had it programmed

on a low intensity and couldn't feel anything.

"You wear it under your clothes, and it pulses every five seconds. It feels similar to pins and needles, but it's not unpleasant. After a few minutes, you forget all about it.

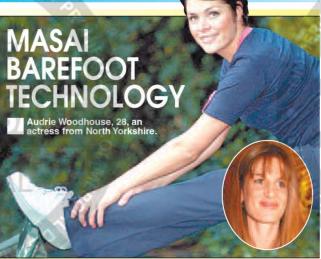
"As well as promising to tone your abdominals, it also gives you a calorie count reading, telling you how many you have burned during your exercise. I was quite surprised that my walk home is usually about 200 calories.

"It's quite easy to use and it means you can get two workouts at the same time.

"When I'm walking, it's also helping to tone me up.

"You're supposed to use it while exercising, but I suppose it would work just as well if you're doing the house.

"The only disadvantage is that it's a little bulky under your clothes. I thought people might notice it and assume I was expecting a baby!"



WHAT THEY DO: These strange WHAT THEY DO: These strange looking trainers have become a firm favourite with celebrities such as Jemima Khan, 31, inset, and Sadie Frost, 38. Using them feels like walking on an uneven surface, so your muscles have to work harder to keep your balance. MBTs strengthen and tone your legs as well as improving core stability and posture—and all you need to do is walk.

COST: £119-£149, For stockists call 0207 684 4633.

0207 684 4633. **AUDRIE SAYS:** "I was trained as a classical dancer, but I don't do classes any more so it's very important to me to maintain my muscle tone and posture. Also, being an actress, I have to make sure I keep my figure.

"I used to swim and do yoga, but

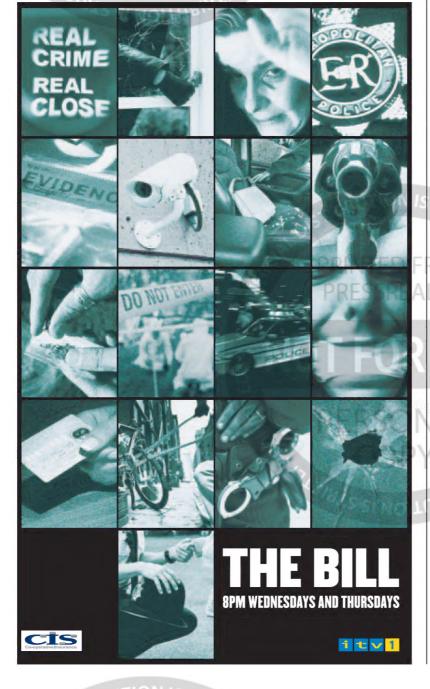
since getting the trainers about a year and a half ago. I've really got into jogging. It takes about 15-20 minutes to have them fitted and they do take a bit of getting used to at first. They feel like you're walking on bouncy balls! But as soon as you put them on, you can feel your posture improve. All my aches and pains went away from my lower back, my stomach tightened and I was standing much taller.

"Using the trainers really does tone up your legs and your bum. I've always had muscley legs and I wanted to keep them toned. They actually make your legs smaller as well. It's not like with the gym, where you risk bulking up as you tone up — you'll actually lose inches. You get the most

in any ex often as walking to "When y wear ther Then you "I love t

out of you

on cushio about inju too much because shocks an right posi hooked. S her hip pr "They m shoes, but a fashion them!"







Daily Star reporter Kate Jackson 27, tried out the inch-loss wrap from Shape Changers.

what it does: Victoria Beckham, 31, is said to put her post-pregnancy figure down to the wonders of an inch-loss seaweed wrap. But you don't have to have Posh's cash to enjoy this slimming treatment.

The Detox Wrap uses specially-formulated sea clay that draws toxins out of the body. As they are removed, the body's soft tissue is compressed and compacted so you lose inches.

The skin will also regain elasticity and become smoother and firmer. Unlike other wraps, the Shape Changers one is not dehydrative so you won't put the inches back by drinking water.

The inch-loss can last vater. The inch-loss can last

for up to five days. COST: £24.99 for basic

cost: £24.99 for pasic home kit KATE (INSET) SAYS: "Six weeks in the gym, four or five sessions a week, combined with a reasonably healthy diet had done little to shift those extra inches. And with a black-tie do coming up, it was time for drastic action if I was ever going to fit into my ball gown. "So I stripped down to my bikini and prepared to be mummified. Before being wrapped, I was measured at various intervals down my body and marked so we could measure the effect at exactly the same

point. Expert beautician Nicole smothered me in a heavenly rose-scented clay, then wrapped me from shoulder to toe in warm, wet bandages.

wet bandages.
"She also popped on a couple of blue disposable hand gloves, which act in the same way as a paraffin treatment to smooth and soften my mitts.
"Then all I had to do was snuggle up in a heated bed under several layers of blankets and wait for those inches to disappear.

isappear.
"An hour later and feeling incredibly cosy and relaxed, I was unwrapped and the new, smaller, me revealed.
"I couldn't believe

"I couldn't believe it - I had lost a total of 14 inches! There was the odd half inch here and there, from places I didn't really care about, like my arms and ankles. But the real difference was on my hips and bum - I had shrunk an inch off my hips and two off my rear! "Even though it wasn't my doing, I was as smug as if I'd just spent an entire day on the treadmill.
"I felt completely pampered and my body felt much neater." "It felt similar to that lightness you feel after steering clear of the booze and junk food for a week.
"And the ball dress slipped on easily. "Who needs the gym?"







Kayleigh Thomas, 24, from the Isle of Wight, a receptionist for a beauty day spa.

what it does: Dukes of Hazzard star Jessica Simpson, 25, right, slimmed down for the part of Dalsy Duke by following a low G.I. diet, eating slow-release carbohydrates and limiting her sugar and starch. But not everyone finds it as easy to stick to the G.I. principles. The G.I. patch is similar to a nicotine patch for people trying to stop smoking, and is designed to suppress sugar cravings and make it easier to steer clear of those bad, high G.I. foods. It contains 5-HTP, a naturally-derived amino acid, which keeps serotonin levels high. Low serotonin levels high. Low serotonin levels have been blamed by scientists for sugary carbohydrate cravings which result in binge eating.

COST: £19.99 for a 30-patch pack.

KAYLEIGH, LEFT, SAYS: "I used to be a size 10, but had gone up to a size 14 in the last two years. I love buying clothes and mostly shop at TopShop and River Island, but when I started to find their biggest sizes a bit of a squeeze, I decided to take a c t i o n .

Everyone seemed to be on the G.I. diet, but I knew it would be

a struggle as I'm a huge carbohydrate fan. I used to eat toast for breakfast, a sandwich for lunch and pasta or chips for dinner. "When I stay in and cook for myself I find it easy to stick to the diet but my lunch tends to be whatever I can grab and eat on the go and I have dinner out with friends about four times a week.

"I had cut down on my

about four times a sk.

"I had cut down on my white flour-based carbs, like pasta, bread and pastries, but I was getting dreadful cravings for these things.

"After a week of wearing the patch, I noticed a big reduction in my cravings for carbs.

"Since starting five months ago, I've lost two stone.

"Before I went on the Patch, I lost half a stone, but it took

the Patch, I lost half
a stone, but it took
me almost the same
amount of time to lose
that as it did to lose
two stone with it.
"Now I have got so
used to eating low GI
foods and smaller
portions that I don't feel
the need to use the patch
any more.
"I'm now a comfortable size 10
and can buy anything I like from
the high street shops – even skinny
jeans!"

ir workout without putting tra effort. I wear them as possible now, especially work.

o work.

ou start out, you can only

n for half an hour a day.

gradually build up.

hem! It's just like running

ns. You don't have to worry

ns. You don't have to worry yring your knees or putting pressure on your joints the trainers absorb the d keep you running in the tion. I've even got my mum he wears them to help ease oblems.

right not be the prettiest of you feel like you're part of cult when you're wearing

DIET& FITNESS THE MESSAGE IS IN THE BOTTLE - OR PACKET

(AND DON'T FORGET A PORTION OF VEG)

FRUIT and veg are essential to a healthy diet. They supply vitamins and minerals, are low in fat and help combat chronic heart disease and some forms of

cancer.

But eating the recommended five portions a day might seem like a challenge when you've got a hectic lifestyle.

A portion is 80g - equivalent to three heaped tablespoons of beans or veg or an apple, orange, pear, bowl of salad, or glass of fruit or vegetable juice. So you don't have to slave away in the kitchen for hours, or pack

in the kitchen for hours, or pack your plate with mountains of veg, to fit in those five portions.

Here food expert SILVENA ROWE puts a few quick fixes to the test and gives her verdict on the tastiest ways to get those vitamins and minerals.



Orders: 0871 872 0550

www.readersoffers.co.uk

The slimline pocket torch with a beam

you can see up to a mile away

THESE cute little bottles are filled with delicious fruit and they're easy to knock back. Particularly good is the banana, pumpkin and kiwi, containing 50% of the recommended daily allowance of vitamin C. This is a tasty product that contains no artificial ingredients and no added sugar. Each shot contains the equivalent of three slices of banana, a slice of pumpkin, kiwi, an orange and half carrot, all added together to

Reader Offer



make one of your recom-mended five portions. Vie Shots are tasty and perfect-ly formed, reasonably priced but made from concentrate. Available from most super

£1.89 per pack of three 69 calories, 0.3g fat per 100 ml OUR VERDICT: 6/10

Innocent for kids



THESE are the only THESE are the only smoothies on the market that have been specially designed for children and are perfect for the school lunchbox. Pure and deli-cious, they are made in the same way as the rest of the lunocent range. They come in cute carton wedges of dripk.

in cute drink.
21.99 for four wedges
22.99 for four wedges
22 calories, 0.2g fat per
180ml carton
OUR VERDICT: 9/10

Innocent Smoothie



Tesco Healthy Livina

A FAMILIAR sight on the Tesco shelves, and very popular.
Try the Russian-inspired vegetarian Mushroom

Stroganoff, It's delicious and creamy and cooked with rich Madeira wine sauce. With nutty basmati and wild rice, it tastes almost freshly pre-

mati and who rice, it can be pared.

One portion represents one of your daily five.
Competitively priced.
£1.77. 83 calories, 2.1g fat per 100g.

OUR VERDICT: 7/10

Our high power torch is fitted with four super-bright, ultra-white LED bulbs · Produces a lighting power far beyond

- its size Exceptionally searching and high
- visible beam . The bulbs are designed to last a lifetime
- · Ensures year after year of reliable use
- Water resistant
- · Robust aluminium construction. · Measures 19cm.
- Requires three AA batteries (not included)

Order today for only £12.95, inc p&p.

M&S Healthily Balanced



THESE are a healthy and hugely delicious range of ready-made foods, with an emphasis on the veggle content.

They are nutritionally balanced and have less than 5% fat – so they're perfect for all the family. Try the Seared Pepper & Mozzarella pasta, which is almost as delicious as a home-prepared meal and perfect for vegetarians. The meals contain no artificial colours or additives. Brilliant for slimming.

22.99. 115 calories, 3.2c per 100g
OUR VERDICT: 8/10

Tesco Summer Fruits Smoothie

THIS one-litre bottle contains THIS one-fire pottic contains seven apples, two bananas, nine strawberries, 96 blackcurrants and eight raspberries – easily enough to give a family of four one of their five portions. Tastes fine, although made from concentrates, Good value.

£1.77 per litre 52 calories, 0.1g fat per 100ml OUR VERDICT: 7/10

HOME-MADE ALTERNATIVES

IF you've got the time, home-made smoothles and soups will always be the better option. Not only do they taste better, but they don't contain any additives or preservatives and they're

heaper, too. For a healthy fruit smoothie, For a neating fruit smoothle, blend together your favourite fruit and a splash of skimmed milk or low-fat yoghurt and serve over ice. Try banana, apple and strawberries for a tasty drink, or go for something more

drink, or go for something more exotic combining pineapple, mango, apple juice and yoghurt. For a warming winter stew, throw potatoes, leeks, onion and cabbage into a pan of chicken broth. Add salt, pepper and a bay leaf. Simmer for two hours. For a chunky vegetable soup, use parsnips, turnips, carrots, whole tomatoes, celery, garlic and chicken broth and simmer for 25 minutes.

M&S Fresh Fruit in a Bottle

M&S always deliver superb quality. These 500ml drinks add up to half of your five-a-day total. Made with fresh juice and pulp, they have a taste that is to die for. The pineapple, papaya and mango is out of this world. Best for taste, goodness and pricel

end price! £2.49 per 500ml bottle 45 calories, 0.2g fat per 100ml OUR VERDICT: 9/10

0871 872 0550

Only £12.95 inc p&p

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FS0208.S891 Mini LED torch plus one free I enclose my crossed cheque/Postal Orders for £... to: DAILY STAR OFFER (Ref. FS0208). TITLE (Mr/Mrs/Miss/Ms). NAME ADDRESS POST CODE. PERSONAL EMAIL OR please debit my Credit/Debit Card with the sum of £ Card No..... Issue No. Signature ... STAR FS0208



JUSTION IS 5 TO

A LL Julius Caesar, played about is power. He is descended from one of the oldest and noblest of Roman families. He's energetic, brilliant, and methodical. He can be witty and charming, but rarely shows any feeling. Ciaran, 52, wanted to be a lawyer but decided to follow his mother's footsteps and enrolled at RADA. The Belfast-born actor last year appeared alongside Jennifer Ellison, 22, in the movie version of Phantom of the Opera.





IT'S being billed as the most violent, most explicit TV show ever broadSo you can guarantee millions will tune tome tonight to see if the 12-part BBC2 will live up to its tantalising reputation. It is set in 52BC, 400 years after the lepublic was founded, and it has togas than a student party, more int battles than Gladiator and more chy bedroom action than an enisode

int battles than Gladiator and more chy bedroom action than an episode bx And The City.

So get your tunic and helmet ready and prepare for the onslaught with KATE JACKSON of LINDA HARRISON'S guide to who's who and what's what.

Rome starts tonight on BBC2 at 9pm.

ALCOHOLD STATE

UCIUS Vorenus, played by Kevin McKidd, is the essence of a professional Roman soldier. He is honourable and pragmatic, but also severe and deeply unforgiving. Kevin, 32, started his acting career on stage, but you might recognise him as the doomed heroin addict Tommy in Trainspotting. The 6ft Zins Scottish star has also appeared in De-Lovely, Dog Soldiers, Kingdom of Heaven and Hideous Kinky. He is currently filming Elizabeth: The Virgin Queen, a four-part historical drama for the BBC.

LUCIUS VORENUS

THE REAL PROPERTY.

S Pullo, played by Ray tenson, is a courageous and il warrior and incredibly ,but brutal and immoral. The Bill, Holby City and Peak Gruffudd, 32, and Clive Owen, ewell prepared for the raunchy in the saucy 1993 TV show A

VIA of the Julii, played by ry Condon, is Atia's daughter autiful, but weak-willed. She her's pawn and hides g resentment beneath the dutiful daughter. She also it off and has a lesbian fling ies.

ies.
mdon, 23, is from Tipperary.
babe studied at the Dublin
rts School and made her
al debut at the age of 16 in
Ashes. You might also
her from Ballykissangel
Gelly.

AVIA of the JULII

of the JULI

JULIUS CAESAR

NEWSPAPERDERECT STRICTLY FORBID

BBC One

6.00 Breakfast (T) 23540314 9.15 To Buy Or Not To Buy

(R,T) 7346685 10.00 City Hospital (T) Followed by BBC News, (T) Weather. 73734 11.00 Mind Your Own Business

11.00 Minte (1) 927 11.30 Car Booty (R,T) Followed by BBC News, (T) Weather. 2276 12.00 Cash in The Attic Raising cash for a soundproof music room

(R,T) 45550 1.00 BBC News, (T) Weather 97314 1.30 Local News, (T) Weather 41423802

1.40 **Neighbours** (T) *54430579* **2.05 Doctors** A girl is accused of abusing her autistic brother. (T) *15563227*

abusing her autistic brother.
(T) 15563227
2.35 Diagnosis Murder Dr Sloan tries to save a man from a murder charge. (R.T) 589553
3.20 BBC News, (T) Local News, Weather 1353802
3.25 CBBC: Lazy Town (R.T) 3031173 3.50 Pinky And The Brain (T) 9130840 4.10 Best Of Friends (T) 2156024 4.40 The Batman 7437385
5.00 Blue Peter (T) 7656208 5.25 Newsround (T) 7142005
5.35 Neighbours (R.T) 376685
6.00 BBC News (T) 31
6.30 Local News Programmes, (T) Weather 11

BBC Two

6.00 Close 65983 7.00 CBBC: Looney Tunes (R,T) 5527666 7.05 Troliz (R,T) 1541442 7.30 Raven (R,T) 7703956 7.55 Newsround (T) 2054666 8.00 Legend Of The Dragon (T) 2064043 8.25 CBBC Playist (T) 9236711 10.00 CBeeblies CBeeblies Birthdays 1648802 10.05 Lazy Town (T) 6334598 10.30 Pingu (R) 6048956 10.40 Pablo The Little Red Fox (R,T) 6045869

(R,T) 6045869 10.45 Boo! (R,T) 4931192 11.00 Trade Secrets (R,T) 6979395 11.10 The Flying Gardener

(T) 6975579 11.20 The Flying Gardener

(T) 6959531 11.30 The Daily Politics (T) 32579 1.00 The House Detectives (R.T) 95956

Working Lunch (T) 63956 Escape To The Country 3.00) 64598 Castle In The Country A visit

3.00 Caste in The Country A v to Rievaulx Abbey. (7) 6531
3.30 Flog it! (T) 10901
4.30 Ready, Steady, Cook With Nick Naim and Antony Worrall Thompson. (T) 1625376
5.15 Weakest Link (T) 9415111
600 Equipage Quiz spow (D) 73

Eggheads Quiz show. (T) 73 Strictly Come Dancing - It **Takes Two** Fanzine devoted to the ballroom dancing show. (T) 53

ITV1

5.30 ITV News (T) 53753 6.00 GMTV (T) 7590774 9.25 The Jeremy Kyle Show Talk show. (R, T) 7000111 10.30 This Morning Cookery from James Tanner and Lesile Walters, Dr Chris Steel's regular medical slot and a report on the craft scen slot and a report on the craft scene ardiff. (T) 31024

in Cardiff. (T) 31024
12.30 ITV News (T) 92111
1.30 Loose Women Writer Anne
Hooper and model Jordan drop in
for a chat with panellists Kaye
Adams, Carol McGiffin, Kym Marsh
and Coleen Nolan. (T) 7042314
2.15 A Brush With Fame
The weil/Libe artists paint the portra

215 A Brush With Fame
The would-be artists paint the portrait of celebrity lookalike Jeanette Charles, famous for her resemblance to the Queen, Presented by Carol Smillie. (1) 4067444

3.00 Boot Sale Treasure Hunt Searching for bargains in Kent and Gloucestershire. (R,T) 3685

3.29 Local Weather 1387869

3.30 CITY Pocopo (R,T) 9092208 3.55
Potatoes And Dragons (R,T)
4612550 4.05 Art Attack (T) 2161956

4.30 My Parents Are Aliens (T) 34
5.00 The Paul O'Grady Show
Daily entertainment show with the

Daily entertainment show with the comedian and guests. (T) 4937 6.00 Local News, (T) Weather 27 6.30 ITV News, (T) Weather 79

Channel 4

6.00 Cubeez (R,T) 5375802 6.10 The Hoobs (R,T) 2361043 6.35 The Hoobs (R,T) 3017685 7.00 B4 81753 7.30 Friends (R,T) 60260 8.00 Just Shoot Me (T) 16550 8.30 Will & Grace (R,T) 5908734 8.55 Frasler (R,T) 7857005 9.25 3 Minute Wonder: The

Homeless World Cur (R) 1534753

(R) 1534753 9.30 Sweet Sixteen (R,T) 8830869 9.55 Tate Modern (R,T) 6310918 10.00 Last Rights (R,T) 3070314 10.50 Life Stuff (R,T) 4673573 10.55 Re-Writing History

(R,T) 5023014 11.00 In Search Of The Tartan

11.00 in Search Of The Tartan Turban (R.T) 8379181 11.25 Tate Modern (R.T) 7296043 11.30 More Than Love (R.T) 7469482 11.55 Tate Modern (R.T) 4413550 12.00 News &t Noon (T) 26937 12.30 Coach Trip (R.T) 59753 1.00 Celebrity Life Skills (R) 19965227

(R) 19965227 1.05 FILM: The Odessa File 1974

1.05 FILM: The Odessa File 19/4 (PG) Espionage thriller, starring Jon Voight. (T) 38266550 3.30 Countdown (T) 2489395 4.15 Deal Or No Deal (T) 3161111 5.00 Richard & Judy (T) 2579 6.00 The Simpsons (R,T) 69 6.30 Hollyoaks (T) 21

Five

.00 Milkshake! Titch (R)
53584260 6.10 Old Bear Stories (R)
5350840 6.20 Framy's Feet (R)
5350840 6.20 Framy's Feet (R)
53504024 6.30 Rolie Polie Olie (R)
2403734 7.00 Funky Valley (R)
8712537 7.05 Bird Bath 9137395
7.15 Roobarb And Custard Too (R,T)
9133579 7.25 The Adventures Of
Bottle Top Bill And His Best Friend
Corky (R) 3125604 7.45 Make Way
For Noddy (R) 1441869 8.00 Fifi And
The Flowertots (R) 9813376 8.15
Peppa Pig (R) 3671869 8.25 Miss
Spider's Sunny Patch Friends (R)
9816463 8.45 Hi-S (R,T) 1475685
9.20 MechaNick (R) 2159395
2.25 The Wright Sturf With guest
Sarah Beeny. (T) 93364289 6.00 Milkshake! Titch (R)

5.25 The wright Sum with guest Sarah Beeny. (T) 93364289
 10.30 Trisha Goddard. (T) 3446289
 11.30 Five News. (T) 6741483
 12.00 Home And Away Jesse burns his bridges. (R) 76457802
 12.30 BrainTeaser 3440005
 1.30 FILM: Sherlock Holmes Returns. 1903 (PG) Crime

Returns 1993 (PG) Crime adventure, starring Anthony Higgins.

3.30 FILM: Perry Mason: The Case Of The All-Star Assassin 1989 (PG) Murder mystery. Raymond Burr stars. (T) 3656376

30 Five News (T) 8810598 00 Home And Away (T) 8800111 30 Family Affairs The panto auditions take place. (T) 8891463



WHAT KIDS REALLY THINK: lan Wright asks children for their views on, relationships, 7.30pm

7.00 Road Rage School Chris Sheridan has a compulsion to overtake every car in front of 1258

7.30 What Kids Really Think lan Wright offers an insight into children's views on marriage and relationships. (T) 95

8.00 What Not To Wear Stylists Trinny Woodall and Susannah Constantine give women aged 70 and over the chance to discard their support tights and baggy cardigans for an alternative look. (T) 5753

9.00 Crimewatch UK

An appeal for information on the murder of two men in the middle of the night on a country road. Plus, the jeweller's assistant who has his mobile phone to thank for saving his life. (T) 2289

10.00 BBC News (T) *34956* Followed by Local News, Weather. *364598* 10.35 The National Lottery:

10.35 The National Lottery:
Midweek Draws (T) 363869
10.40 Crimewatch UK
Update (T) 344734
10.50 The Worst Week Of My

Life (R,T) Followed by Natio Lottery Update. 917685

11.20 Men Behaving Badly Jealous Gary suspects Dorothy is having an affair. (T) 443579
11.50 FILM: Out Cold 2001 (12)

Premiere. Comedy, starring Jason London (T) Followed by Weatherview. *673463*

1.20 Sign Zone: Beyond Boundaries (R,T) 9329154 2.20 Sign Zone: Horizon (R,T) 7300086 3.10 Sign Zone: Spending Other People's Money (R,T) 40809574 3.40-6.00 BBC News 24 63169661

THE RESERVE OF THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN COLUMN TW



Young girls in Mauritania are force-fed in a bid to trigger puberty, so they can be married off,

FORCE FED

7.00 Force Fed An investigation into Mauritania's love affair with female obesity. (T) 1840

7.30 Rough Science New series. Challenge set high in the peaks of Colorado in which scientists attempt to make an old processing mill habitable. (T) 37

8.00 Natural World The story of the African sycamore fig tree and its relationship with the fig wasp. Neither could exist without the other (T) 698937

8.50 The Rabbits Of Skomer Documentary. (T) 274734

9.00 Rome New drama series charting the birth of the Roman Empire through the eyes of ordinary citizens as well as famous historical figures. Ciaran Hinds stars. (T) 878647

9.50 Scandal New series. The stories of people who hit the headlines for all the wrong reasons. (T) 500802

10.20 What The Romans Did For Us How the Romans' great strength was their inventiveness. (R,T) 579227 10.30 Newsnight (T) 438444

11.20 BBC Four On BBC Two: Tales From Europe Kirsty Wark explores Latvia. (T) 434821 11.50 BBC Four On BBC Two:

Tales From Europe Kirsty Wark visits Estonia. Last in series. (T) 498289

12.20 BBC News 24 253870 2.00 BBC Learning Zone: Key Stage 3 Bitesize Revision: English 3 (T) 24970 4.00-6.00 Media Studies: The Life And Times Of Radio 1 (T) 69406



CORONATION Sarah and Jason share

7.00 Emmerdale Lisa humiliates Debbie by dragging her out of a party. (T) 5666

7.30 Coronation Street Sarah and Jason's night of passion leaves Eileen reeling. Cilla decides Les doesn't deserve to go on their honeymoon. (T) 63

8.00 The Bill Dan Casper's days at Sun Hill seem to be numbered when Commander Barratt informs him he's known about the affair all along. Jack
Meadows asks Mickey Webb to
help his former colleague capture
a dangerous rapist. (T) 1591

9.00 FILM: Star Wars: Episode II - Attack Of The Clones 2002 (PG) Premiere. Sci-fi sequel, starring Ewan McGregor. Continues after the news. (T) 5260

10.30 ITV News, (T) Weather 31424

11.00 FILM: Star Wars: Episode II – Attack Of The Clones 2002 (PG) Concluded. (T) 887579

12.20 Orange Playlist (T) 1322116 **12.45** The Jules And Lulu Show (T) 6826932 **1.10** Cd:uk Hotshots (T) 3773311 **1.35** FILM: Rope 1948 377/3311 **1.35 FILM:** Hope 1948 (15) Thriller, starring James Stewart. (T) *6391222* **3.00** World Rally Championship (R,T) *2223883* **3.50** World Sport (R,T) Followed by ITV News. 65746154 **4.15-5.30** ITV Nightscreen *7512203*



GREAT ESCAPE: The chef hands out culinary tips to Italian monks. 8.30pm

7.00 Channel 4 News Including sport and weather. (T) 641753
7.55 Rory Peck Awards

Celebrating the courage of TV cameraman Sean Langan, who spent four months living and filming alone in Iraq's Sunni Triangle. 963821

8.00 The View From River Cottage Hugh Fearnley-Whitingstall looks back on his quest to source food locally.

(T) 2956 Jamie's Great Escape Jamie Oliver spends time at Farfa monastery in Lazio. (T) 1463

9.00 Grand Designs Kevin McCloud meets a couple planning to build a spectacular split-level home cascading down an almost vertical Belfast hillside but getting suppliers to the site proves to be a real challenge.

(T) 8227

10.00 Lost Walt goes missing after Michael forbids him to spend time with Locke. Sayid sks Shannon for help deciphering the map, and Charlie tries to locate Claire by reading her diary. 9491024

11.05 Oasis Video Exclusive The band's video of their new single Let There Be Love, directed by Baillie Walsh. 238734

11.10 FILM: The Exorcist III 1990 (18) Horror, starring George C Scott. (T) 273840

1.10 Tantric Yogi (T) 9315951 **2.10** Freesports On 4 *9404067* **2.40** Freesports On 4 *7129970* **3.05** Monster Mania *40826241* **3.35** Honda Formula 4 Powerboating 43695241 **4.00** 4Endurance (R) 58390 **4.30** Transworld Sport (R,T) 1067680 **5.20-6.05** Countdown

COMMANDO troops tackle the camouflage challenge,

7.00 Five News, (T) Weather 5762024 7.15 Arctic Giants: Hunt For

The Bowhead Whale Scientists use satellite technology to tag and track the endangered marine giants. (R,T) (T) 3426579

8.00 Commando VIP The celebrities undergo rigorous training to equip them for a 10-mile dash. (T) *2163005*

8.30 Dumber And Dumberest A plane tries to land on the back of a lorry. (T) Followed by Five News At 9. (T) 2175840

9.00 Greatest Embarrassing TV Moments Quentin Willson presents choice small-screen blunders that have escaped the cutting-room floor, featuring soccer star slip-ups and clips from high-profile awards ceremonies. (R,T) 20225802

11.05 MacIntyre's Toughest Towns Gang culture in Birmingham. (T) 2434289 11.35 MacIntyre's Toughest

Towns Gang rivalry in Nottingham. Last in series. (T) 7053647

12.10 The Gadget Show (R,T) 6567203 12.55 NASCAR 2791116 1.45 ITU Triathlon World Cup 2013086 2.35 European Tour Golf 9426425 3.25 NASCAR 1033319 4.15 Race And Rally UK 3455241 5.05-6.00 Portuguese Football (R) 3621609

(T) TELETEXT SUBTITLES (R) REPEAT

TV GUIDE -

Sky One

Pokemon (R) 2364869 Stargate: Infinity T) 9076685

7.00

(iii) 7) 9076685
Pokemon (R) 90208
Stargate: Infinity (R,T) 89821
Yu-Gi-Oh! (R) 10289
Zoids (R) 22024
The Dog Whisperer (R) 50918
Entertainment Tonight
\$\{(R)\{S0980\}\}

8.30 Entertainment Tonight US (R) 59289
9.00 Taste (R) 51276
10.00 Roswell (R,T) 28208
11.00 Star Trek: Deep Space Nine (R,T) 44424
12.00 The Dog Whisperer 53005
12.30 Kirsty's Home Videos
Amusina (line (R) 70541

Amusing clips. (R) 79531 **Taste** 77294

Amusing clips. (R) 79531
1.00 Taste 77294
2.00 Law & Order A wealthy
widow is implicated in a hit-man's
murder. (R) 71802
3.00 Roswell (R) 16598
4.00 Star Trek: Deep Space
Nine (R,T) 95005
5.00 Star Trek: Voyager The crew

5.00 Star Trek: Yoyager Ine crew discover a massive ocean populated by a maritime alien species known as the Moneans. (R,T) 8395
 6.00 Futurama A huge chunk of garbage threatens to destroy New New York City. (R,T) 7753
 6.30 Malcolm in The Middle Dewey is appalled when Hal takes

Dewey is appalled when Hal takes over as coach of the soccer team. (R,T) 8005



JAWS: THE REVENGE: Michael Caine stars as Hoagie Newcombe, 11pm

7.00 The SimpsonsBart catches Principal Skinner in a clinch with Mrs Krabappel and soon finds himself being used as a go-between. (R,T) 9024

7.30 The Simpsons Lisa rashly enrols at an all-male military academy. (R,T) 4289

8.00 Stargate Atlantis

Ford is infected by the Wraith, and a fierce warrior could be the team's only hope of saving him. (T) 44869

9.00 Movies' Greatest Cars

A rundown of the 30 most popular cars to grace the cinema screen, as chosen by film fans. Vehicles in contention include Herbie the Love Bug and Chitty Chitty Bang Bang. Hosted by Jason Barlow. (R) 47956

11.00 FILM: Jaws: The Revenge 1987 (12) The remaining members of the Brody family are terrorised by a huge, bloodthirsty shark. Pitiful marine adventure, starring Michael Caine and Lorraine Gary. (T) 168579

12.40 Star Trek: Voyager

240 Star I resk Voyager (R,T) 1835609 1.40 Angel (R,T) 1049932 2.35 Law & Order (R) 3968357 3.30 Alias (R,T) 6140067 4.20 Entertainment Tonight US 23075357 4.45-5.35 Gamezville 8199116

THE RESERVE OF THE PARTY OF THE



EMPIRE BUILDING: Rome, BBC2, 9pm

TO WATCH

THE Ancient Romans were a civilised bunch in all kinds of rine Alicein Rollinis were a civilised bunch in all kinds of ways. They invented stuff we still use to this day, such as central heating, sanitation and, of course, the Sky+ box. But as you'll see in part one of BBC2's new drama ROME (9pm), we're only really talking "civilised" by the standards of 52BC, the year in which this opening episode takes place. From a modern-day perspective, these people were pretty brutal and bloodthirsty, which is why you'll soon lose track of how many cast members get fatally skewered.

But it's good, I ought to stress. Very good indeed, in fact. The

gore doesn't strike you as gratuitous; nor do the many scenes in which naked people are seen doing rude things to each other. That's just the way it was. The story itself, much of it seen through the eyes of two ordinary foot soldiers, sees Caesar heading back to Rome in triumph after eight years at war. But he's about to face some grief, because the powers-that-be are uneasy about his popularity with the plebs – and not exactly chuffed that he's appointed his cousin Mark Anthony as the People's Tribune. Mind you, even Anthony himself seems distinctly underwhelmed at the end of his

tedious swearing-in ceremony.
"By the grace of Roma," some sweary-in fella finally declares, "for 12 moons hence, thou art tribune of plebs." "About time," goes Antony. "I need a drink."

ELSEWHERE tonight.

COMMANDO VIP (Five, Same Virs, Marcel P.

8pm) finds Nigel Benn and his fellow celebs forced to live off the land for their latest training exercise – but with two of them

exercise — but with two of them still somehow managing to locate beer.

AND in JAMIE'S GREAT ITALIAN ESCAPE (Channel 4, 8.30pm), Jamie faces a tough time when he checks in to a

ALAN FRANK'S TELLY MOVIES

STAR RATINGS

Don't miss it **Good ***Average **Time filler *Garbage!

THE ODESSA FILE (1974) **** C4 1.05-3.30pm. Frederick Forsyth spy thriller. Reporter Jon Voight reads the diaries of a former WW2 concentration camp inmate and embarks on a quest to track down the camp commandant and expose him. Also starring Maximilian Schell and Derek Jacobi.

SHERLOCK HOLMES RETURNS (TVM, 1994) *** Five 1.30-3.30pm. Mystery movie. Sherlock Holmes, played by Anthony Higgins, is awoken from suspended animation in modern times and takes on the successors of his old enemy Professor Moriarty.

PERRY MASON: THE CASE OF THE ALL-STAR ASSASSIN (TVM, 1989) ***
Five 3.30-5.30pm. Thriller. More courtroom fireworks lit by ace attorney Raymond Burr when he defends an injured professional ice-hockey star accused of murdering his boss. Co-starring Jason Beghe and Pernell Roberts.

STAR WARS: EPISODE II -ATTACK OF THE CLONES (2002) **** ITV 9.00pm-12.20am. Science fiction action epic prequel. Jedi Knight Ewan McGregor and his apprentice Hayden Christensen make a vow to protect a senator from assassination. Also starring Christopher Lee.

THE EXORCIST III (1990) *** C4
11.10pm-1.10am. Supernatural shocker.
Policeman George C Scott faces increasingly diabolical danger when he starts to investigate the series of grisly ritualistic slayings that are rocking Washington DC.

OUT COLD (2001) *** BBC1 11.50pm-1.20am. Comedy. Four happy-go-lucky snowboarders are having the time of their feckless lives until they are forced to join forces to prevent businessman Lee Majors from turning their favourite mountain into an upmarket ski resort. Co-starring Jason London.

ROPE (1948) *** ITV 1.35-3.00am. Hitchcock thriller. Callous gay student Farley Granger and John Dall murder a friend for the thrill of it and then invite the dead man's father and fiancée for a meal in the room where they have hidden the corpse. Also starring James Stewart and Joan Chandler.

REGIONAL VARIATIONS

BBC1 Variations WALES: 6.30-7.00 Regional News 11 10.40 On Show 98/7444 11.10 Crimewatch UK Updata 233289 11.20-11.50 The Worst Week Of My Life 443579 BBC2 Variations WALES: 11.30-1.00 AMPM 32579

11.20-11.50 The Worst Week Of IM, Life 443579 IBC2 Variations WLES: 11.30-1.00 AWPM 32579 ITV1 Variations ITV1 ANGLIA: 3.29-3.30 Anglia Weather 1987869 6.00-6.30 Local News 27 ITV1 CENTRAL: 3.29-3.30 Anglia Weather 1987869 6.00-6.30 Local Weather 1987869 6.00-6.30 Regional News 27 ITV1 MERIDIAN: 3.29-3.30 Meridian Weather 1987869 6.00-6.30 Local News 27 ITV1 CHANNEL: 1.20-1.30 Puffinis Pla(j)ce: Including carbon fun with Jaresy Royals. 19943005 6.00 Local News, Weather 423173 6.20-6.30 Winter Warmers: 1.20-1.30 Puffinis Homemorea associated with food 780005 ITV1 WEST 3.29-3.30 ITV West Weather 1987869 6.00-6.30 Local News 27 ITV1 WEST 3.29-3.30 ITV West Weather 1987869 6.00-6.30 Local News 27 ACA SCHEMEN 4 No.00 Public State 1987869 6.00-6.30 Local News 27 ACA SCHEMEN 4 No.00 Public State 1987869 6.00-6.30 Local News 27 ACA SCHEMEN 4 No.00 Public State 1987869 6.00-6.30 Local News 27 ACA SCHEMEN 4 No.00 Public State 1987869 6.00-6.30 Local News 27 ACA SCHEMEN 4 No.00 Public State 1987869 6.00-6.30 Local News 27 ACA SCHEMEN 4 No.00 Public State 1987869 6.00-6.30 Local News 27 ACA SCHEMEN 4 No.00 Public State 1987869 6.00-6.30 Local News 27 ACA SCHEMEN 4 No.00 Public State 1987869 6.00-6.30 Local News 27 ACA SCHEMEN 4 No.00 Public State 1987869 6.00-6.30 Local News 27 ACA SCHEMEN 4 No.00 Public State 1987869 6.00-6.30 Local News 27 ACA SCHEMEN 4 No.00 Public State 1987869 6.00-6.30 Local News 27 ACA SCHEMEN 4 No.00 Public State 1987869 6.00-6.30 Local News 27 ACA SCHEMEN 4 No.00 Public State 1987869 6.00-6.30 Local News 27 ACA SCHEMEN 4 No.00 Public State 1987869 6.00-6.30 Local News 27 ACA SCHEMEN 4 No.00 Public State 1987869 6.00-6.30 Local News 27 ACA SCHEMEN 4 No.00 Public State 1987869 6.00-6.30 Local News 27 ACA SCHEMEN 4 No.00 Public S

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television)

wanted to be. The decent acting and the emotional heartache suggested a semicomic drama. But the characters seemed trapped in the same situations, week after week, and that made it more of a sitcom.

Target

The ending was a surprise, but for the wrong reasons. After making us believe that some day Alice and Gil would lock eyes, the series wrapped up with them sitting rows apart in a theatre. They may have met, they may not have. But to those who followed the show all the way through, that felt more like laziness than a clever twist. You can't be lazy if you want to be a millionaire. MAKE ME A MILLION, Channel

...ON LAST NIGHT'S T

Four's latest reality-challenge show, teams up would-be money-makers with successful entrepreneurs, giving them the target of making a million pounds within a year.

The competition to get on the show was flerce, but some of the business ideas sounded pretty limp. A ventilated bed to get rid of dust-mites, a website called dead dot com, an easy-on condom, a new type of diet and fitness regime. But the entrepreneurs seemed to be looking more for personalities than top-notch business plans. It's too early to tell who's got what it takes – but tempers are already beginning to fray. It is, of course, disgusting that a TV show should break up relationships and encourage greed. But it's fun to watch.

FILMS

SKY MOVIES 1

6.00am Zolar (2004) (PG) Sci-fi adventure, starring Jordan Hoffart. 94005
7.30 The Legend Of Frosty The
Snowman (2005) (U) Premiere. With the

KOOKY Alice fell for the wrong bloke. Anxious Gil was pursued by his voracious neighbour Irene. It felt like the first episode of LOVE SOUP (BBC1) not the last. This series has been a bit of a meringue – crisp and inviting on the outside, but less than you'd hoped for inside. If you missed the last couple of episodes, you needn't worry. Everything was exactly the same. In this final instalment of the rom-com, Alice played housewife to her cousin when his wife went to prison for fraud. Feelings developed – but they were one-sided. Gil continued his tradition of snaring attractive women, but not liking them much. This week, the unlucky girl was his dentist. It was never clear what kind of show this

Snowman (2005) 107 voice of Burt Reynolds. 2993531 8.55 The Simple Life Of Noah Dearborn (1999) (PG) Drama. 19729727 10.30 Best Man in Grass Creek (2001) (PG) Romantic comedy. 64227 12.00ncon The Sandy Bottom Orchestra (2000) (PG) Adventure, darring Glenne Heady. 496647.

starring Glenne Headly. 496647 1.45 Zolar (2004) (PG) Sci-fi. 240005 3.15 The Simple Life Of Noah Dearborn (1999) (PG) Drama. 297489: 4.50 The Legend Of Frosty The Snowman (2005) (U) Animation, with **II** 207/18037

the voice of Burt Reynolds. 5456727 6.15 The Sandy Bottom Orchestra (2000) (PG) Adventure, starring Glenne Headly. 84777376 8.00 Mona Lisa Smile (2003) (12)

Drama, starring Julia Roberts. 31395 10.00 The Bourne Supremacy (2004) (12) Action thriller. 197821 11.55 The Hunted (2003) (15) Thriller. starring Tommy Lee Jones. 425735 1.35am Max (2002) (15) Drama starring John Cusack, 515628 3.35 Black And White (1998) (18) Thriller starring Gina Gershon, 763767 Thriller, starring Gina Gershon. 76376 5.25 Best Man In Grass Creek (2001) (PG) Comedy. 84659883

SKY MOVIES 2

6.45am The Lost Treasure O Sawtooth Island (2000) (PG) 394770

8.25 And Now Ladies And 8.25 And Now Ladies And Gentlemen (2003) (PG) 70682821 10.40 I Saw Mommy Kissing Santa Claus (2001) (PG) Comedy, 8917258 12.10pm The Lost Treasure Of Sawtooth Island (2000) (PG)

1.50 And Now Ladies And Gentlemen (2003) (PG) Thriller.

53093840
4.00 I Saw Mommy Kissing Santa Claus (2001) (PG) Seasonal cornedy, starring Connie Sellecca. 86895666 raus (2001) (PG) Seasonal comedy starring Connie Sellecca. 86895666 5.45 Nicholas Nickleby (2002) (PG) Drama. 16208758 8.00 Bringing Down The House (2003) (12) Comedy. 33753 10.00 Laws Of Attraction (2004) (12) Romantic corned, 715376 11.35 Glengarry Glen Period

12) Romantic comedy. 715376 1.35 Glengarry Glen Ross (1992) 15) Drama with Jack Lemmon. 745802 (15) Drama with Jack Lemmon. 74580 1.20am Everyday People (2004) (15) Drama. 598574 2.55 Empire (2002) (15) 419406 4.40 6.55 Nicholas Nickleby (2002) (PG) Drama. 27553932

SKY CINEMA 1

6.00am Three Coins In The Fountain (1954) (U) Comedy. 5604531 8.00 To Sir, With Love (1966) (PG) 9.55 Chaplin Today: The Kid

10.30 Road To Rio (1947) (PG)

12.30pm A Guide For The Married Man (1967) (PG) Comedy. 83330109 2.15 Three Coins In The Fountain (1954) (U) Comedy. 1853821 4.00 To Sir, With Love (1966) (PG)

6.00 Road To Rio (1947) (PG) Comedy, starring Bob Hope. 1984 8.00 Mondovino (2004) (PG)

industry. 97047821
10.20 Moestly Martha (2001) [PG]
Comedy with Martina Gedeck. 2563685
12.10am Honeysuckle Rose (1980)
(15) Drama. 10454628
2.15 Where The Sidewalk Ends
(1950) (12) Thriller. 8294864
3.55 World Cinema 2005 88413609
4.15 6.00 A Guide For The Married
Man (1967) [PG] Comedy. 1947845

Sky Box Office Digital movies can be ordered using the handset from the on-screen listings guide.

RADIO

Radio 1 (FM: 97.6-99.8 MHz)
7.00 Chris Moyles. 10.00 Jo
Whiley. 12.45 Newbeat. 1.00
Coiin And Edith. 4.00 Scott
Mills. 7.00 Zane Lowe. 9.00
Nihal. 11.00 One Music. 1.00
Trevor Nelson. 3.00 Oneclick /
Film. 4.00 Jk. And Joel.
Radio 2 (FM: 88-90.2 MHz)
6.00 Richard Allisson. 7.3 Film. 4.00 JK And Joel. Radio 2 (FM: 88-90.2 MHz) 6.00 Richard Allinson. 7.30 Wogan. 9.30 Ken Bruce. 12.00 Jeremy Vine. 2.00 Steve Wright 5.05 Johnnie Walker. 7.00 Nick Barraclough. 8.00 Mike Harding. 9.00 Reggae Show. 10.00 Classic Singles. 10.30 Mark Radcliffs. 12.00 Janice Long. 3.00 Alex Lester. Radio 5 Live (MW: 909, 693 kHz) 5.00 Morning Reports. 6.00 Breakfast. 9.00 Victoria Derbyshire. 11.55 Question Time. 12.30 News. 1.00 Simor Mayo. 4.00 Drive. 7.00 Sport. 10.00 6:0-6.11.00 Anita Anand. 1.00 Up All Night Virgin Radio (MW: 1215, 1197, 1242 kHz) 6.00 Pete and Geoff. 10.00 Nell Francis. 4.00 Martin Collins. 7.00 Vice Reeves Big Night In. 10.00 Kelly. 1.00 Robin Burke. 4.00 John Osborne.

SPORT SKY SPORTS 1

League 71/3 4.00 UEFA Champions League 6208 4.30 UEFA Champions League 5192 5.00 UEFA Champions League 2376 5.30 UEFA Champions League 6444

5.30 UEFA Champions League 6444
6.00 European Tour Weekly 6685
6.30 J League Weekly 7937
7.00 Total Rugby A round-up of recent rugby union matches. 5840 7.30 Soccer Special News and results from tonight's matches. 493181
10.00 You're On Sky Sports! Grass-roots football comment. 63918

football comment. 63918

11.00 FA Cup Classics Famous moments from the competitions first round. 32550

11.30-8.00 Test Cricket Australia v West Indies. Coverage of the opening day's play.

SKY SPORTS 2

6.00am Aerobics Oz Style 9709111 6.30

Adrenaline Hunters 4147260 **7.00** Aerobics Oz Style 5770260 **7.30** Adrenaline Hunters 5799395 **8.00** Sports Unlimited 8221753 **9.00** Adrenaline Hunters 184281 **9.30** World Yachting 4405537 **10.00** World Pool Masters 5795579 **11.00** Racing News 7148111 **11.30** The Dogs 7149840 **12.00ncon** Show Jumping 785528 **1.00** World Pool Masters \$685078 **2.00** World Yachting 9589482 **2.30** European Challenge Tour Golf 1564519 **3.30** Champions Tour Golf 2567005 **5.00** WWE: Heat Wrestling action from the States, 9599869

6.00 Live UEFA Champions League Lille v Manchester United (Kick-off 7.45pm). 4593598 Manchester United (Kick-off 7.45pm). 459359

11.00 World Of Golf The latest news from

across the globe. 6796208

12.00midnight Champions Tour Golf 8371609

1.30 European Tour Weekly 8943390 2.00 Total 1.30 European Rugby 2538951

SKY SPORTS 3

10.30am Live Tennis The third day of the BNP Paribas Masters in Paris, the final Masters Series event of the campaign. 80841024

9,00pm Adrenaline Hunters A global round-

9.30 Irish Greyhound Racing Review of recent

10.00 WWE: Late Night - Raw Wrestling

action from the States. 23980260

12.00midnight Watersports World 45118222

1.00 You're On Sky Sports! 72619135

TVZ

9.25am 60 Minute Makeover 9.25am 60 Minute Makeower
10.25 Sally Jessey Raphael 11.10
Judge Judy 12.25pm Jeremy Kyle
1.30 Airline USA 2.200 Coronation
Street 2.30 Emmerdale 3.00 Ricki
Lake 3.50 Trisha 4.55 Sally Jessey
Raphael 5.40 Judge Judy 7.00
3rd Rock From The Sun 7.30 Spin
City 8.00 Namy 911 8.50 Misses
Now 9.00 The Xtra Factor: 24/7
10.00 Coronation Street 10.30 10.00 Coronation Street 10.30 Mike Bassett: Manager 11.00 Office Monkey 11.30 Film: The Beach (1999) (15) 1.45am Big Game TV 3.00 Teleshopping

ITV3

6.00am Survival 7.55 Quincy 8.55 Chicago Hope 9.50 LA Law 10.50 The Practice 11.45 Quincy 12.45pm Chicago Hope 1.40 LA Law 2.40 Peak Practice 3.40 Film File 3.50 Forever Green 4.55 The Practice 5.50 Film File 6.00 LA Law 7.00 Jeeves And Wooste 8.00 Poirot 9.00 Numb3rs 10.00 Foyle's War **12.05am** The Bill **1.05** Poirot **2.05** Chicago Hope

ITV4

6.00pm Department S 7.00 The Saint 8.00 First Wave 8.55 Entertainment Xtra 9.00 LAPD: Life On The Beat 10.00 Film: The Killer Elite (1975) (18) 12.30am The Late Show With David Letterman 1.25 First Wave 2.20 LAPD: Life On The Beat 2.50 LAPD: Life on The Beat 3.20 Teleshopping

BBC THREE

7.00pm News 7.30 Trauma 8.00 Spendaholics 9.00 Funland 9.30 Funland 10.00 Film: Al: Artificial Intelligence (2001) (12) 12.15am Desperate Midwives 1.15 Funland 1.45 Spendaholics 2.45 Desperate Midwives

BBC FOUR

7.00pm Days That Shook The World 8.00 The World 8.00 Weather 8.30 Yes, Prime Minister 9.00 Concert For George 10.40 A Concert For Bangladesh Revisited 11.30 Censored At The Seaside: Saucy Postcards 12.30am Days That Shook The World 1.30 Jarvis Cocker Talks To Kirsty Wark 2.00 Sun Ra – Brother From Another Planet **3.00** Censored At The Seaside: Saucy Postcards

12.30pm Richard & Judy 1.30 Countdown 2.15 Hill Street Blues 3.20 EP 4.20 Film: Sailor Beware! (1956) (PG) 5.55 News 6.00 Time Team 7.00 Grand Designs 8.00 News 8.30 Daily Show With Jon News 8.30 Daily show with Jon Stewart 9.00 Georgi And The Butterflies 10.00 The Unteachables 11.05 The Last Word 11.40 The Sopranos 12.45am ER 1.45 ER 2.30 Daily Show With Jon Stewart 3.00 The Sopranos

televisionX (SKY 969)

10.00pm Freeview 10.10 Cream Pie 3 10.30 Road Trip – London 4 11.00 Freeview 11.10 30 And Dirty 2 11.30 Eat Me, Keep Me 2 11.50 Au Pair 12.00midn Treeview 12.10 Ugly Bloke 3 12.30 Shaving Rooms 2 1.40 Naughty College Girls 21 2.50 Ecstasy Girls 4 4.10 North Pole 16

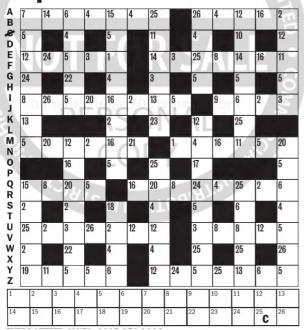




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Alphapuzzle™ tests your logic and word wer. Each grid number represents a letter. Every letter of the alphabet is used. Use the given letter or letters - below the main grid - to start. Solution tomorrow.

DIFFICULTY: 7/10; TARGET: 22 minutes CLUE: Haver over third note

YESTERDAY'S SOLUTION: Across: Jugs, Adoption, Bezique, Forge, Hydra, Mayday, Rapier, Poison (clue), Tinker, Tithe, Enact, Veiling, Peephole, Cede.

Down: Jobshare, Weep, Gazed, Primate, Equate, Ketch, Dreamt, Drivel, Puffy, Oxtail, Inroads, Twine, Need, Inveigle

EXTRA LETTER CLUES: 0905 072 3264

(Hear up to six extra letters, deduct two minutes for each clue letter heard)

 Alternatively text DSALPHA to 83426 and we will text the six extra letter clues direct to your mobile. Texts cost £1 plus normal network

FULL SOLUTION: 0905 072 3265

Calls cost 75p per minute from BT landlines

Field of

Which two of the pictures form a matching pair?







Fit ten words into the grid so each one connects up with the words on either side - eg printing - press - gang. Read down the letters in the shaded squares to solve the puzzle. We've given you a few letters to start you off.

Clue: Jelly-like.

SKY						BROW			
ICED	3		W			STRAINER			
STONE				L		PAPER			
DOUBLE						CAKE			
CHILD			R			DAY			
FOREST				Ε		PLACE			
SWEET						СОВ			
RAIN						TIE			
BUTTER			Р			BOARD			
BUS						PORT			

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		4		3		14		_	1	5	3	2	4	8	9	6	7

Extra clues: 0905 072 0302 Today's solution: 0905 072 0301 Calls cost 75p per min from a 8T landline

YESTERDAY'S SOLUTIONS

Pictures 1 and 5.

Spiral Crossword

- 1 Murderous 2 Stretch 3 Honing
- 4 Gripe 5 Expression 6 Nelson

Reimbursing 13 Gleneagles 14 Septet 15 Toward 16 Drear.

Wo-Wa lease Calls cost 75p per minute from a BT landline.

- CRYPTIC CLUES
 ACROSS
 1 Look at lad coming back a
- 1 Look at late colling back—a disgrace (7)
 5 Lover's inspiration finished in police section! (5)
 8 Sailor coming back as a deserter (3)
 9 Scented bits to rip up or contact (3,6)
- scatter first to rip up or scatter (3,6) 10 Pub game moves quickly (5) 11 Getting embarrassed makes you clumsy (7) 13 Shrewd leader of union in ruffled state (6) 14 Fish boiler? (6)
- 14 Fish polier: (o)
 17 Determination to sort 13 Look sore? A back spray i required (7)
 19 One was hard nearly under 15 Springy cat lies in a heap (7)
- water (5) 21 Walk briskly beer limits
- 21 Walk briskly beer limits ride (6,3)
 23 Where you drive, it's said, or drink! (3)
 24 Mistake in circuits with bearing (5)

- DOWN
 1 Quiet colour to tear up (5)
 2 Joint approach maybe best for it's treatment (9)
 3 First sum is invested back in
- warehouse (7)
 4 Permit Henry to be deadly (6)
 5 What shepherd has for criminal (5)
 6 Knock-up of equal value (3)
 7 Some wanted wind less to
- on in 5 Some wanted wind less, to become less strong (7) 9 Scented flower petals (10 Legal 1) 12 Tart acted badly and aroused interest (9) 11 Gauche (7) 12 Look sore? A back spray is 13 Perceptive, shrewd (6) 14 Container for boiling winder 15 Swrings act bles in a base (7)

- (3) QUICK CLUES DOWN
 ACROSS 1 Cut to pieces (5)
 1 Outrage arising from an action (7)
 5 God of love (5) 3 Put money into account (7)
 4 Deadly (6)
- Rodent (3) Scented flower petals (3,6)
- - 14 Container for boiling water

YESTERDAY'S SOLUTION: ACROSS - 1 Barrel organ, 7 Ale, 9 Mad Hatter, 10 Bride, 11 Store, 14 Idle, 15 Semi, 16 Taffeta, 17 Pass, 19 Prig, 20 Lotus, 23 Strut, 26 Artichoke, 27 Lip, 28 Enterprises. DOWN - 1 Bomb disposal, 2 Rude, 3 Exact, 4 Outer, 5 Garb, 6 Native, 8 Evening dress, 11 Sets, 12 Offal, 13 Event, 15 Saps, 18 Scrape, 21 Otter, 22 Ulcer, 24 Tart, 25 Eons

- 24 Temporary drop of stan-dard (5) 25 Became faint (7)

- (9) 3 Put money into account (7)
- 5 Criminal (5)
- 6 Standard score for hole in
- golf (3)
 7 Diminish or shrink gradu-
- ally (7) 12 Drew, enticed (9)
- 13 Spray can (7) 15 Flexible (7) 16 Fabric with velvety finish
- (6)
 18 Gatehouse (5)
 20 Accumulated store (5)
 22 Travelling salesman (3)

Tossed Salad

- 7 November 8 Repertory 9 Yak 10 Ketchup 11 Plunder 12

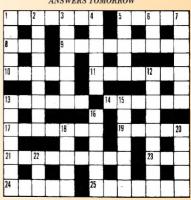
Reading along the diagonals are MODERATION and TEMPERANCE.

TODAY'S ANSWERS IN TOMORROW'S

Call 0905 072 3267 for today's solution.

25 Returning deer having month inside went back (7) DOWN 1 Refer stuck in small house (5) 2 Joint approach maybe best for it's treatment (9) 2 The study of the stuck in small house (5) 2 Use difficult to conceal can be study of the study

Two sets of clues, but the answers are the same ANSWERS TOMORROW







selfish

I'VE been going out with my boyfriend for over a year and he's talking about us moving in together. I'd love to, but something is stopping me. Since I've been with him I've watched football with him every week, I've sat in the pub while he plays pool with his mates and I've gone for a curry with them afterwards. I watch his favourite things on telly and when we see a film it's always his choice.

a film it's always his choice.
But he never does what I want to do.
I love going to clubs and before I met him I went dancing twice a week with my mates.
But he won't go and won't let me go without him. I love eating pasta, but he won't ever go for an Italian, and I'm fed up watching gory action films.
Even when we're having sex he only does the things he wants to do and won't try things for me.
I do love him, but do you think our relationship is doomed or should I move in?

should I move in?

JANE SAYS: You are having doubts about the future of your relationship so the answer is don't move in.

Your bloke is very selfish, insisting you do everything he wants, but refusing to even do one thing for you.

Moving in with him now would be a disaster. Talk to him and tell him if he isn't prepared to compromise then there's no point in even going out with him, let alone moving in.

He's got a choice — make an effort or be on his own.

0905 062 2180

Coping With A Break-up

0905 062 2181

Finding The Perfect Partner

0905 062 2182

My Sex Life Is Boring

0905 062 2183

Boost Your Confidence

Ex-wife says he's had snip

MY partner and I had been trying for a baby for years and I had no idea why it wasn't working out.

But I've just been told something shocking and I don't know what to do.

I've had every test going and according to the experts I'm fine and there's no reason why

the experts I'm fine and there s no reason why I can't conceive.

My partner has also been to see specialists and tells me that they've told him he's OK too. But now I think I may know what's going on and I don't know how to deal with it. Last week my partner's former wife, who has two children by him, was at the gym.

Lying

We speak quite a lot because when her boys come to stay I help look after them and we've always got on OK.

She came over and asked me how I was. The conversation then moved on to whether I regretted not being able to have kids.

I asked her how she knew we'd been having problems and she told me that she didn't, but because she knew her ex had had the snip she wondered whether I minded.

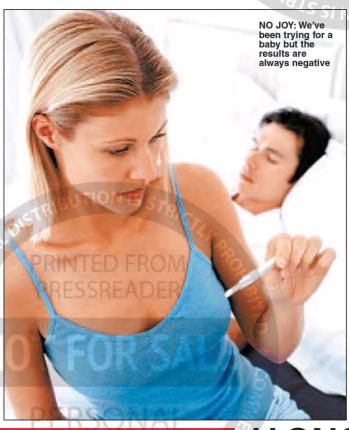
It's clear he's been lying to me all this time about wanting a baby. I haven't said anything because I think if I start I won't be able to stop. What should I do?

What should I do?

JANE SAYS: How sure are you that his extold you the truth? She might just be bitter and twisted that your relationship with her ex-hubby has lasted while hers didn't.

She may still love him, or at least want him you don't know.
Why not just confront him and tell him what she said? He may well confess he has had a vasectomy and is extremely sorry and upset for the way he has lied to you.

Or he may say that his ex is a terrible liar and has been trying to get him back for ages. If he denies having the snip tell him to prove it by having a sperm count, and that you want to see the result.



Friend loves a cheat

MY best friend is having

MY best friend is having a secret affair with a married man, but I know he's cheating on her as well.

She is totally besotted with this slimy guy and has bored me silly for the last year talking about him.

She is convinced he is going to leave his wife for her, and I've just been hoping he'd get fed up with her and end it because I know he's never going to move into her flat.

But she's so sure they

But she's so sure they are going to end up happy ever after. Last week, though, I

Last week, though, I saw him having a pizza with yet another woman. He was all over her and she looked besotted, just like my friend riena. I don't know what this

guy's got but it's certainly not looks or money.
Should I tell my friend what I saw?

I don't want to hurt her, but I think she's wasting her life on this sleaze.

JANE SAYS: I agree.
Normally I'd say it's not your business, but in this case you can see this runt is never going to leave his wife and is even cheating on both of them.

of them.

Despite the fact that she is going to be very annoyed with you, I think you should tell

her. Explain that it is very painful for you to tell her, but you don't want her to build her hopes up about having a future with him.

She'll be very upset with you, but this guy is using her.

If she continues seeing him that's up to her.

ing him that's up to her, but at least you've warned her.

0905 062 2184

The Female Orgasm

0905 062 2185

My Partner Is Having An Affair 0905 062 2186

I'm So Lonely

0905 062 2187

Coping With Jealousy

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per minute from a BT landline)

Having Sex After A Baby

0905 062 2189 We Argue All The Time

0905 062 2190

Loving For The First Time

0905 062 2191

Fantastic Sex

Write to JUST JANE, Daily Star, 10 Lower Thames Street, London EC3R 6EN or email jane.gorman@dailystar.co.uk

ONG FOR

I FIND it difficult to get an erection sometimes, but I know that if my girlfriend

would only put on a sex show for me I'd be able to stay up for hours. I've had this problem for years and my ex-girlfriend used to strip and then touch herself until she cli-

Then I'd be hard enough

to make love to her.

I don't know how much longer I can go on like this without my girlfriend help-

ing me.

But she is much more prudish than my ex and I don't know how I can ask her to do this.

JANE SAYS: If you are having a loving sexual relationship with someone you should be able to ask them anything. If you can't, perhaps you're not as close as you should be. At the end of the day you should both want to give pleasure to the other and you should be able to ask her.

Perhaps if you explain the reasons for your problem she'll be understanding.

She may find it distasteriul so don't force her to do anything she doesn't want to do. JANE SAYS: If you are



Day three









CONTINUES TOMORROW

The Gazer who knows your future

(Mar 21-Apr 20)

(May 22-June 22)

IF TODAY IS YOUR BIRTHDAY: After a painful time, a new moon on your anniversary indicates changes are on the way – especially when it comes to romance.

Aries

SOMETIMES you love taking a risk. And yet the results should be hard to dispute. More the results should be hard to dispute. More importantly, you should manage to persuade someone to back you today over one important issue. A lot depends on what they are bringing to the table. Personally, they could still prove quite a handful. To find out why your luck is in at the moment, call...

To receive daily texts send DSARI to 63333

0905 072 0099 (01)

Taurus (Apr 21-May 21)

THE accent is on partnerships and new alliances. Someone is important to you, and they might take up permanent residence. This may not go down too well with the rest of the family. But you will be particularly happy about a joint arrangement today. To see why this is a remarkable time for relationships, call...

To receive daily texts send DSTAU to 63333 0905 072 0099 (02) *

Gemini

YOU may have had to bear a heavy responsibility – and not only at work. Now, however, you should feel less weighed down, or could find that you are redeployed today. Actually, you should be devoting your energy in a new direction – though this could still be demanding. To see why you are due a boost, call...

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0905 072 0099 (03) *

Cancer

(June 23-July 23)

TODAY'S new moon in Scorpio highlights emotional ties – and no doubt someone will reaffirm their devotion to you. And look how quickly you fall in love! However, a bit of prudence is required if you are in business together. Nevertheless, you may be happy to go along with the consequences. To see why romance is still very much alive, call....

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0905 072 0099 (04) *

Leo

(July 24-Aug 23)

BLOOD is supposed to be thicker than water. However you may not be one big happy family at the moment. And because the sun is about to be challenged by Saturn in Leo, you might decide to build a wall around you. But happiness won't elude you for long. To see why your domestic arrangements will change, call...

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0905 072 0099 (05) *

Virgo

(Aug 24-Sep 23)

THIS is likely to be a time of intense activity, and when there are many more engagaements. But something that has been arranged could hit a snag. This may be a bit unfortunate, especially after everything was carefully thought out. To see why you are the focus of attention in someone's life, call...

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0905 072 0099 (06) *

Libra

(Sep 24-Oct 23)

YOU may be financially independent, but that's no reason to flash your cash. What you should try to do is to optimise your good fortune, especially if another offer comes along. However, for some reason you may still need to protect yourself and even shun certain friends today. To see why making money is fun, call...

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0905 072 0099 (07)

Scorpio

(Oct 24-Nov 22)

YOU would like to make your feelings known publicly. And that's exactly what you intend to do. However, the sun in Scorpio is challenged by Saturn — and someone may give you a piece of their mind when you have given them your heart. Perhaps you should just try and forget about it for the time being. To see why feelings run deep, call...

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0905 072 0099 (08)

Sagittarius (Nov 23-Dec 21)

IMPORTANT issues need to be dealt with and clarified. But where do you begin? The new moon occurs in the most private area of your chart – and some things are out of sight. Oddly enough, you should have some idea of how to proceed after today and may well stumble upon a plan. For some wonderful insights into your future prospects, call...

0905 072 0099 (09) *

Capricorn (Dec 22-Jan 20)

THERE are lots of opportunities to enjoy life and you shouldn't find things too gruelling. But a social arrangement won't come cheap and you could be in dispute with a friend. But somehow you are in very good company today. To see why you may be burning the midnight oil, call...

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0905 072 0099 (10) *

Aquarius (Jan 21-Feb 19)

YOU should be able to pull off a coup or achieve your goals – as long as it is not at the expense of a partner or someone who obviously isn't happy to share the limelight. But for some reason you may seem more self-important today. To see why you could fulfil your potential and reap life's rich rewards, call...

0905 072 0099 (11)

Pisces

(Feb 20-Mar 20)

(5.5) CURRENT influences tend to make you rather restless, or you may be waiting for a signal today. Most of all, you appear to be eager for new experiences and there could be some sort of diversion. So stand by Just don't worry if something that was in the pipeline cannot be finished for one reason or another. To see why a meeting is fated, call...

send DSPIS to 63333

0905 072 0099 (12) *

* When you telephone to hear Justin's weekly in-depth forecast, you will be asked to dial your special Zodiac Number. This is the number in brackets next to the general number under each of the star signs. Calls to Justin's Zodiac Lines cost 75p per minute from a BT landline. Subscribe to receive Justin's daily texts to 75p per mensage per day ge at DSARI to 6333. You will be sent one new message daily. This is a subscribion service – it will cost you 50p per day until you text your star sign's code followed by STOP, eg DSARI STOP to 63333. For help call 0871 872 0112.









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